

HRC NEWS & VIEWS

YOUR COMMUNICATION SOURCE

Volume 12, Issue 6

JUNE 2016

HANGING UP HER MANY HATS

July 1, 2016 will mark the end of Jean Luther's 43 years of service at HRC. She has been an asset to the program throughout those years, and a pleasure to work with. This is a final tribute of appreciation to Jean through the words of her colleagues:

I've really enjoyed working with Jean and enjoy her sense of humor! I've appreciated opportunities I've had to talk with her about her supervisory experiences and to get her feedback and support. I will miss working with her!
Dr. Lisa Buchta

It won't be the same around here without you, Jean.

Pat Adrian

For quite a while, Jean also wore the hat of School Liaison. She put up with either Lynne Coates or me contacting her about setting up GED testing or GED test scores. We at the school appreciate all she does and has done for us!
Kris Sorensen

I would like to thank Jean for all her hard work. I am going to miss her silly demeanor. 125 years! What an accomplishment.

Drew Scott

Hard work, dedication, positive attitude and a desire to make work enjoyable are just a few of your qualities that we have known here at HRC and are going to be missed. Thank you! You've gotten up early for 43 years, and accomplished many great successes. Starting July 2nd, you get to take time for yourself. Have a happy and healthy retirement, Jean! You've earned it.
Corinne Jensen

Jean has been a fixture as long as I have been here and has always been so pleasant to be around. She has always taken the time to help out with anything and offer suggestions. Just recently she is helping me get familiar with the Dietary department and I appreciate all the info she has given me. I know we could not mention everything that she has been involved in but one thing is for sure, SHE WILL BE MISSED! Thanks, Jean, and enjoy your retirement!

Mary Ann Koch

I have really enjoyed working with Jean over the years, and having her do more with the youth and HJCDP. I really enjoyed having her as my partner when we did Mandt instructor training. She is a good egg and open to any feedback or suggestions anyone has. It is nice to have someone on the team with that many years of experience who is open to change and new ideas. I also really appreciate her feedback and experience-she is a go to person! She even volunteered to learn how to operate the switchboard area her last month at work. I will really miss her walking the hallways with her headphones in moving a mile a minute! Congrats, Jean, on your retirement!
Heather Sidders

June is

- * Fruit and Veggies Month
- * Dairy Month
- * Adopt a Cat Month
- * Safety Month
- * Disaster Preparedness Month

6/18 Go Fishing Day

6/19 Father's Day

6/20 First Day of Summer

6/26 Forgiveness Day





LIFE WITHOUT JEAN BY MARJ COLBURN



I hope everyone on campus gets the chance to attend the party for Jean and wish her well on her retirement. Jean has been an important part of so many programs and activities on campus over the year, it's hard to imagine her not being here.

Jean started working at HRC in May of 1973 in the Laboratory. I didn't really know her all that well at that time (I had started in July of 1972) because I worked nights, and then I worked in the student nurse program on campus. I first remember becoming aware of Jean when she and I were both pregnant with our first child in 1975. We kind of gravitated together, compared notes, checked in on how things were going and whatnot. After children, our kids found themselves in some of the same activities (sometimes as rivals) and schools, so they got to know each other better. One of my daughter's best friends lived by Jean and family, so Jean's three girls and my daughter and her friend spent quite a bit of time together. We even had the privilege of being responsible for the food at one of her daughter's weddings. Would have been nice if the meat had been thawed and crockpots turned on before you all left for the wedding!

There are a million and one stories about Jean and the Regional Center. We can start with Jean coming to work

in t-shirts put on backwards, and not having a red shirt for Valentine's Day, so coming to work in a red Christmas shirt. Some of us had the privilege of watching Jean walk around campus in sunglasses with one lens out, and she was never the wiser.

She has made fashion statement after fashion statement over the years. I recall Jean in a cheerleader outfit, and in an "old woman" outfit, complete with walker, on one of her "special" birthdays. When Jean and Bob purchased their convertible, she was a regular Thelma and Louise, offering to take others out "cruising" with her in the evening. She's also been known to hang underwear from people's trees when they have a special birthday.

It hasn't always been smiles and laughter for Jean while she's been here. She's had some serious family issues, and personal health issues. I recall being in my office in Building #4 down by the Lab and hearing what I thought was Jean wildly laughing. When I went down to the Lab to see what was up, I found her crying her heart out over some bad news. I think that was the first time I ever saw Jean cry, except for those times she was laughing so hard she was crying.

Jean has always been the first one to step up and volunteer to do things, even when they aren't in her comfort zone. When Jean wrote a proposal to Administration, saying the costs of keeping the Lab open was not reasonable when the facility could get Lab services through Mary Lanning (in effect eliminating her own position), she stepped up and offered to learn what she needed to so she could fill the vacant Safety Officer position, still keeping up with blood draws and other Lab services for the clients and sending them in to Mary Lanning. When the facility could not find a suitable candidate for Kitchen

Manager, Jean again stepped up, offering to learn what she needed to so she could cover that as well. She learned how to be a supervisor as she learned how to manage the Kitchen. Jean is not a sit-still person, waiting for something to drop in her lap to keep her busy. Jean has always gone out of her way to find things to keep herself busy and the program going. Even now she has stepped in to help provide Switchboard coverage during the medical leave of a colleague. These are some of the many reasons Jean was selected as an Employee of the Year in 2005.

If you ever had the privilege of working on a committee or project with Jean, she has always been flexible, creative and honest with her opinions about what should or should not be done. She takes her work seriously (even though she laughs a lot) and is the ultimate team player with anyone who wants to work with her going above and beyond in her contributions to the team.

Jean, you are going to be missed by a lot of people on a lot of levels for a lot of reasons. We all wish you the best in your retirement even though you have already managed to find a couple of part-time jobs! Stay in touch and stay well. We'll see you at the Employee Christmas Party (since you already invited yourself!)! Best Wishes!



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YOU'RE A WINNER

- Thanks, PVC staff, for helping the youth plan and organize their Open House—they did an amazing job.
- Thanks, Grant, for all the fox photos. We will miss them now that they have moved on.
- Thanks, Jean, for serving on the Editorial Board of News & Views. We're gonna miss you!
- Thanks, Gary, Dennis and Dean, for your work on the campus. All the mowing and weed-eating is making us look pretty sharp.

EMPLOYEE DEVELOPMENT CENTER BY RANDY COIL

All HRC employees have received e-mails regarding the 2016 Annual IT Security Awareness Training. Everyone needs to sign on to Employee Development Center, and go to the "training in progress" section. Please review the training. After you have completed the

three sections of the training, go to the transcript section at the home page of EDC. Then, click on the acknowledge button then read the statement and hit the acknowledge button. You will be able to print a certificate from the training. Finally, your status in Employee Develop-

ment Center for this training should read "completed."

CPR UPDATES BY GRANT JOHNSON

If you've worked for HRC for more than 5 years, chances are you've seen the same American Heart Association (AHA) First Aid/CPR video a few times. Also, you've probably looked through the same CPR workbooks that have been around since 2011. Well, you no longer have to

look at either of those items ever again! We have recently received our new video and workbooks to use in accordance with AHA's new 2015 guidelines for CPR and First Aid. A few fortunate staff have had the opportunity to see the new video and workbooks, and it sounds

like they like them. The video is more detailed and the acting has improved as well! Along with all our newly acquired manikins and AED trainer this should make for a much improved experience for staff as they complete this very important job requirement!



Boxes for the 2nd Annual Cardboard Boat Race. Start collecting and bringing in your cardboard boxes. Please deliver to the PVC Room. Deadline to donate is 6/27/16.

Thank you!

Drew Scott



Two Girls Bikes. Young girls bike, white and pink with streamers in the handles. Bigger bike, 15 speed, blue. \$20 each or best offer. Contact Heather Sidders, ext. 3249.

MAKING A LIVING BY DOING WHAT YOU LOVE

BY RON CULBERSON, MSW, CSP, CPAE

A writer friend once said that she quit going to writers' conferences because everyone was depressed and unemployed. Putting herself in that kind of environment didn't make her very excited about a career in writing.

It seems that many people find it hard to use their artistic talents for a financially viable career.

I think this may be a failing of our education process. Schools and universities are great at teaching us how to *pursue* a traditional career but not so great at helping us identify the talents we already possess as the *basis* for a career.

For instance, in college, I had to learn about the Krebs Cycle. The Krebs Cycle is described as "the central metabolic pathway in all aerobic organisms" and is a depiction of how organisms produce energy from the carbon sources they ingest.

Of course it is.

Now, I'm sure Mr. Krebs was a brilliant scholar but his dang diagram was responsible for the only "D" I got in college. Furthermore, the term "metabolic pathways" does not come up that often in conversation, at least not in my Krebs-less social circles. In fact, when all is said and done, I'm more fascinated by the fact that the word "aerobic" has an "e" as the second letter instead of an "i". To me, that's hilarious.

The problem, as I see it, is that our standard educational system does not encourage students to figure out their innate gifts and skills and further, does not instruct them on how to make a living using those gifts and skills. This is particularly true when the student's gifts are more creative than practical.

My son graduated from college recently and got a job as a civil engineer. He chose engineering because he not only likes science and math, he's also skilled in science and math. My daughter is a kindergarten teacher. She loves children and is creative in the way she teaches. But who's to say that these are

the careers for which they were destined? What if there is another path that ignites their passion even more but they don't yet know what it is?

For most of us, we go to school and then get a job. And if we're lucky, we stay in that job for many years. But then again, maybe it's not lucky—especially if we could have chosen something that was better aligned with our talents and our interests.

It took me ten years to figure out my ideal career. And I might have pursued it sooner but I didn't know that I could. My education prepared me for the path I initially chose rather than helping me figure out the path that was the best fit for my gifts and skills. That being said, I had wonderful experiences in every job I had. But I might have had enjoyed different opportunities if I had figured it out sooner.

So how does one find a way to turn a talent or a passion into a career?

Well, aspiring writers may not be a Stephen King or a J.K. Rowling, but there are a number of careers in which writing is the primary skill. A photographer may not land the cover of National Geographic but photographers are used in a variety of other jobs. And a fine artist may not have a show in the Museum of Modern Art but artists can use their skills in many different creative and design roles.

I think that there probably a perfect job for all of us but we may never find it because we settle for what we have and thus don't really feel the need to find something else. But as someone who gets to do what I love *and* make a good living at it, I can tell you that there is nothing better than when our gifts, our skills, and our career line up. When this happens, work is no longer work. And for the record, I will never have to memorize the Krebs Cycle again.

Here are a couple of things to consider in pursuing a job or career that is truly aligned with what you do best *and* with what you love

most.

First, figure out what skills you possess. Simply write down all the things you do well. For me, I know that I'm good at writing, speaking, running meetings, managing people, creating humor, etc. It's a weird blend of skills but that's what makes my life fun—finding work that uses all of those skills.

Second, determine what you like to do as well as what you don't like to do. While I'm good at managing people, it was also one of the hardest things I've ever done. Thus, I would think twice before taking a job where I had to manage people. On the other hand, I love to write and speak. I would jump at the chance to have a job where those were my primary responsibilities.

Third, look for opportunities that complement your gifts and skills. Sometimes we take a job simply because we need a paycheck. That's fine in the short run. But for the long-term plan, our job should be more aligned with what we want to do.

Lastly, tell everyone what you hope to do. This is where the power of connections come into play. The more your friends and colleagues know about where you're gifted and what you want to do, the more likely they will be to give you ideas, send you job openings, or connect you with the people who can help you find your path.

Some people think that a fulfilling job is when we simply figure out how to like what we do. I think it's more fulfilling when we can do what we love. It's a subtle distinction that makes a huge difference. While it can be a bit of a challenge to figure out your ideal job or career, the more thought you put into it, the better the chances are that you'll find it.

Then, you'll be making a living by doing what you love.

WELCOME NEW EMPLOYEES

Please welcome two new Youth Security Specialist IIs who joined the HJCDP team on June 6, 2016!



Jenifer Duden



Jerrid Wichmann



It was a great surprise to have the recognition of Sue Callan Appreciation Day on May 31st. All the cards, kind words, emails and the flowers from Marj were greatly appreciated.

This act of kindness meant more to me than you will ever know. You made my day.

Thanks so much!

Sue Callan

IS YOUR FAMILY READY IF AN EMERGENCY STRIKES

BY JEAN LUTHER

If a disaster struck while you were at work would you or your family know how to communicate with each other or where to meet?

Take the time as a family to discuss and note:

- Who your contacts would be for emergencies, both in town and out of town.
- List their phone numbers, and email addresses.
- Determine a neighborhood, and regional meeting place.
- Keep your work and school information contact numbers current.

rent.

- List medical contacts for family and pets, insurance information and current medications.

The information should be kept in a place easily remembered, and accessible to family members.

You should also prepare a kit for emergencies. Some supplies you might want to have available:

- A solar-powered or hand crank charger for laptop, and small electronics working during a power outage.

- A cell phone charger for your car.
- Program ICE (In case of Emergency) numbers into your phone

During a major disaster, **Text, don't talk!** It may be easier to get messages through using a text instead of calling as the lines may be tied up and the lines are needed by emergency workers.

CONGRATULATIONS TO BY RANDY COIL

Trista Williams, RN received her Bachelor of Science in Nursing on May 7, 2016 from the University of Nebraska Medical Center.

Congratulations, Trista!

Samantha (Sam) Minne completed her supervision hours and earned her Licensed Mental Health Practitioner license from the State of Nebraska.

Congratulations, Sam!

HRC is proud of your accomplishments and the skills and knowledge you bring to the team.

Keep up the good work.

THE NUMBER ONE TIME MISTAKE THAT PEOPLE MAKE

BY JOE TYE, VALUES COACH, INC.

The biggest mistake people make with regard to using their time is thinking that some minutes are somehow less valuable than other minutes.

A minute spent friending a total stranger on Facebook is no more replaceable than is a minute spent playing with your kids.

A minute spent watching reality TV is just as forever gone as a minute spent working on your book project.

The minutes don't care how you use them, but you should. The choices you make about how you use those minutes will influence all the other minutes yet to come. In other words, your future.

The most important decision you make every day - in fact, that you make every minute of every day - is how you are going to use that next minute.



Happy Retirement, Jean!



Lab Director



Safety Coordinator



Incident Commander



Cheerleader



Food Service

She's throwing in her many hats she has worn throughout her 43 years at the Hastings Regional Center.

CELEBRATE WITH US!
THURSDAY, JUNE 30TH
2:00—3:30 ROOM 007
BUILDING 3 HRC

HRC EDITORIAL BOARD

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It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size & content.

AA/EOE/ADA

Taco Salad from the kitchen of Kelsey Alcorn

1 lb.. hamburger

1 pkg. taco seasoning

1 lg. onion, chopped

1 sm. can kidney beans, drained

1 head lettuce, chopped

Catalina salad dressing

8 oz. cheddar cheese, grated

4 med. Tomatoes, diced

1 pkg. taco-flavored chips (Doritos)

Brown hamburger. Drain. Stir in ½ of the taco seasoning. Add other ½ to dressing. Mix all ingredients except taco chips and dressing. At serving time, toss salad with dressing and chips.



Best wishes to James and Stephanie Schulte on your marriage. May you be blessed with many years of happiness!

LET'S PLAY BALL!

STAFF VS. YOUTH

6/24/16 12:45 PM

MORE DETAILS TO COME!

2ND ANNUAL CARD-BOARD BOAT RACES

7/5/16 1:35 PM

LAKE HASTINGS



Happy Belated Birthday wishes to Randy Coil. Nice hat!